

## ABSTRACT OF THE DISCLOSURE

Our invention provides a new concept for massage, acupressure, and vertebral alignment. The device is simple but the method of using the device is a new application for a roller invention. Most back-massage devices and spinal alignment devices apply pressure perpendicular to the spine and on both sides of the spine, and some include a groove to accommodate the spine itself. Many acupressure devices are simply single-point-of-contact devices. In contrast, our invention applies pressure parallel and adjacent to the spine and along the length of the device; is used with a rocking motion in a single axis over the length of the device with the device used as a fulcrum; is padded to limit damage to the spinous processes and to increase comfort during use; and requires the user to relax somewhat while giving themselves a back massage, which provides additional benefits and safety during the invention's use. In addition, each Rollover is sold with a set of copyrighted 2003 instructions; can be used in a variety of locations; is inexpensive; is truly portable; and can be used in a cooperative effort between healthcare professionals and individual users.

## DRAWINGS:

FIG. 1 is a perspective view of our Back-Muscle Rollover invention;  
FIG 2 is an end-view thereof; and  
FIG 3 is a side view thereof.